



WHEN YOU'RE HAPPY, THEY'RE HAPPY.

When daily stresses add up, we're here to help. The State of California's Employee Assistance Program can help you manage the ups and downs of parenting, balance work, life and family, and enhance your emotional health.

Call or visit our website today for help with:

- Stress
- Anxiety
- Depression
- Parenting and relationship issues
- Childcare resources and referrals
- And much more

**Help is just a phone call away –
24 hours a day, seven days a week:**

**(866) EAP-4SOC
(866) 327-4762**

TDD callers, please dial (800) 327-0801

Wallet Card Here

For online member services,
including self-assessments, interactive
tools and information, visit:

eap4soc.mhn.com



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www.mhn.com